

## DOCUMENT RESUME

ED 202 519

JC 810 293

AUTHOR Maas, Carolyn; And Others  
TITLE Health Instruction Packages:  
Consumer--Self-Examination.  
INSTITUTION League for Innovation in the Community Coll., Los  
Angeles, Calif.  
SPONS AGENCY Kellogg Foundation, Battle Creek, Mich.  
PUB DATE 77  
NOTE 51p.  
EDRS PRICE MF01/PC03 Plus Postage.  
DESCRIPTORS Adult Education; \*Health Education; Patient  
Education; \*Physical Examinations; \*Self Evaluation  
(Individuals)  
IDENTIFIERS Breast Examination; \*Health Instruction Exchange;  
Thermometers; Urinalysis

## ABSTRACT

These three learning modules present text, illustrations, and exercises to teach lay persons to take and interpret a temperature, collect a urine specimen, and perform a breast examination. The first module, by Carolyn Maas, defines "temperature," describes the three body areas for temperature taking, distinguishes between normal and abnormal readings, and teaches the learner to read a thermometer and interpret the answer. The second module, "How to Collect a 24-Hour Urine Specimen" by Susan Loveless, teaches outpatients why a 24-hour specimen is needed instead of a random specimen, describes the types of containers that can and cannot be used, explains why a preservative would be used and which precautions should be taken, and states how to time a 24-hour urine collection properly. The third module, "Self-Examination of the Breast" by Dorothy Van Dessel, in addition to teaching a woman to examine her breasts, describes the major tissues found in the breast and teaches the learner, to demonstrate the steps in self-examination and recognize abnormalities present on a model of the breast. Each of the modules states overall and specific objectives, how long the unit takes to complete (between 10 and 25 minutes), and what materials are needed. Exercises are presented with immediate feedback and a post-test is included for each unit. (AYC)

\*\*\*\*\*  
\* Reproductions supplied by EDRS are the best that can be made \*  
\* from the original document. \*  
\*\*\*\*\*

ED202519

HEALTH INSTRUCTION PACKAGES:

CONSUMER -- SELF-EXAMINATION

Modules prepared by:

Carolyn Maas  
Susan Loveless, MT (ASCP)  
Dorothy Van Dessel, RN

HEALTH INSTRUCTION EXCHANGE

A Project of the League for Innovation in the Community College

"PERMISSION TO REPRODUCE THIS  
MATERIAL HAS BEEN GRANTED BY

Robert Leo

TO THE EDUCATIONAL RESOURCES  
INFORMATION CENTER (ERIC)."

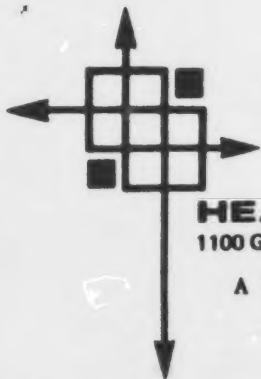
U.S. DEPARTMENT OF EDUCATION  
NATIONAL INSTITUTE OF EDUCATION  
EDUCATIONAL RESOURCES INFORMATION  
CENTER (ERIC)

☐ This document has been reproduced as  
received from the person or organization  
originating it.

☒ Minor changes have been made to improve  
reproduction quality.

• Points of view or opinions stated in this docu-  
ment do not necessarily represent official NIE  
position or policy.

JC 810 293



## HEALTH INSTRUCTION EXCHANGE

1100 Glendon Avenue □ Westwood Center □ Suite 925 □ Los Angeles, CA 90024 □ 213 478-1411

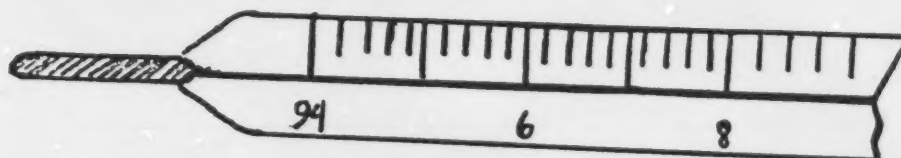
A PROJECT OF THE LEAGUE FOR INNOVATION IN THE COMMUNITY COLLEGE

TAKE AND INTERPRET A

TEMPERATURE

by

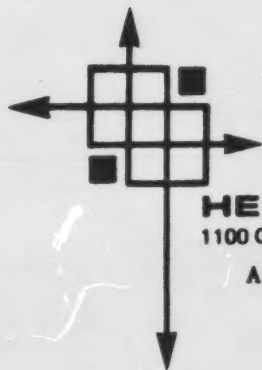
Carolyn Maas



© Carolyn Maas, 1977  
All Rights Reserved

TITLE OF PACKAGE: Take and Interpret a Temperature  
AUTHOR: Carolyn Maas, R.N.  
INSTITUTION: Saginaw Community Hospital,  
Saginaw, Mich.  
INTENDED STUDENTS: Lay person (8th grade reading level)  
ESTIMATED WORKING TIME: 10 minutes  
MATERIALS NEEDED: Clinical thermometer  
REVISED: Oct. 1, 1977

NOTE: A clinical thermometer must be available for use with this package. The author has also provided a cardboard, simulated thermometer for extra practice.



**HEALTH INSTRUCTION EXCHANGE**

1100 Glendon Avenue □ Westwood Center □ Suite 925 □ Los Angeles, CA 90024 □ 213 478-1411

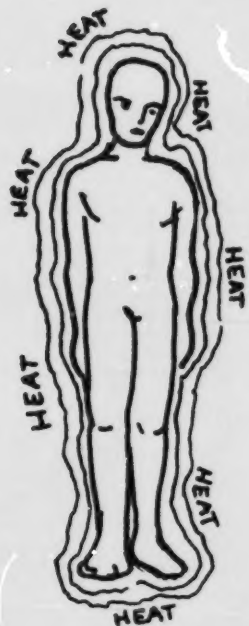
A PROJECT OF THE LEAGUE FOR INNOVATION IN THE COMMUNITY COLLEGE

Wouldn't you like to be able to help yourself, your children, your neighbors, your friends? You can, by being able to do a very simple test. Taking a temperature and being able to evaluate the answer can give you the ability to make a decision about calling the doctor. With the proper treatment, good health can once again be accomplished. You will be surprised at just how easy it is to learn to take a temperature and wonder why you didn't take the time to learn before now.

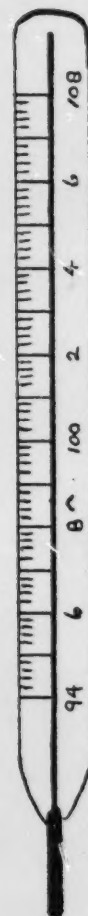
When you have finished this package you will be able to take and interpret a temperature.

You will have learned to define the term temperature, describe the three body areas for temperature taking, distinguish between a normal and abnormal reading, read a thermometer and interpret the answer. Hopefully, you will be able to relate this as being practical to your every day life and maybe you'll be willing to learn the adjacent vital signs of pulse and respiration.

2.



Temperature =  
heat produced  
by the body



Thermometer =  
tool to measure  
temperature

It is filled with a silvery column of mercury which reacts to heat and rises in glass tube. The mercury should be shaken down low in the tube before you take a temperature.

Pick up the thermometer, holding it at the opposite end from the silver bulb. Slowly turn the thermometer, looking at the numbers and markings. Notice the little arrow slightly beyond the 8.

Please answer this first easy question.

1. The temperature of a person is measured by an instrument known as a thermometer, which is filled with mercury.

True\_\_\_ False\_\_\_

3.

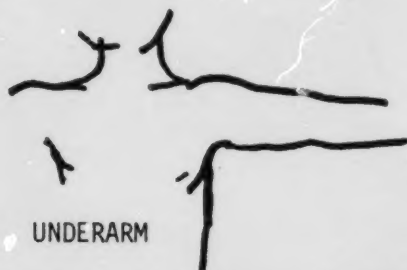
If your answer was TRUE, you are doing nicely.

The three common body parts used for taking a person's temperature are the mouth, rectum and under the arm (axilla).



MOUTH

- under tongue
- lips closed
- takes 3 minutes
- simplest



UNDERARM

- insert tip in between skin surfaces
- keep arm tight against side
- takes at least 5 minutes
- less accurate



RECTUM

- use vaseline on tip of thermometer
- insert until silver tip disappears (about 1½" for an adult, only the silver tip for an infant)
- takes at least 3 minutes
- most accurate
- a special thermometer marked RECTAL is used in this situation. The tip is shorter and rounder

2. Can you list the three body parts where a temperature can be taken?

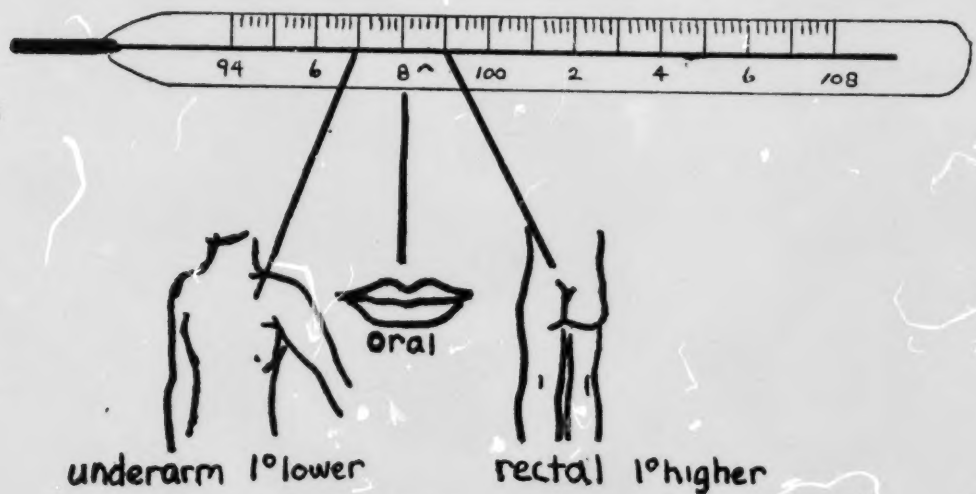
1) \_\_\_\_\_ 2) \_\_\_\_\_ 3) \_\_\_\_\_

4.

If you answered mouth, rectum and under the arm, you understand the information correctly.

The normal range of temperature is from 97.6 degrees to 99.6 degrees.

The arrow on the thermometer always means normal by mouth or 98.6 degrees.



Each body area has its own normal, BUT all three readings fall within the NORMAL range!

3. A. Is a temperature of 103° abnormal?

☐ Yes ☐ No

B. If the temperature of your child is extremely high, do you think you should call the doctor?

☐ Yes ☐ No

5.

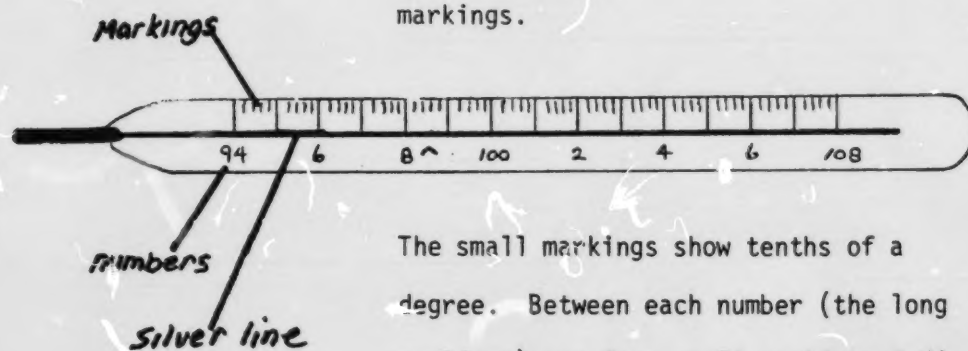
A. Yes, 103 degrees is an abnormal temperature. It is high enough to wonder what is causing it -- and it may go higher if a doctor isn't called.

B. Yes, you should call the doctor.

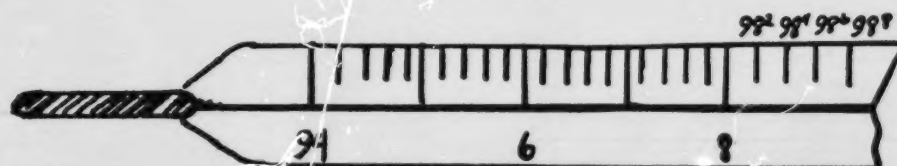
## STEPS IN READING A THERMOMETER

Hold at  level.

Look for silver line of mercury which reflects light between numbers and markings.



The small markings show tenths of a degree. Between each number (the long markings) are four small markings indicating 2, 4, 6, and 8 tenths. LOOK at sample below.



Tenths are written smaller and above the whole degrees i.e.  $98^6$ .

Where the silver line stops is the temperature reading.

7.

4. If the cardboard model thermometer with elastic band is provided with your copy of this unit, slide the moveable band around to show these temperatures.

- (1) 99 degrees
- (2) 100 degrees
- (3)  $97^4$  degrees
- (4)  $100^8$  degrees

You may compare your results for each reading with drawings (1), (2), (3), and (4) on the next page.

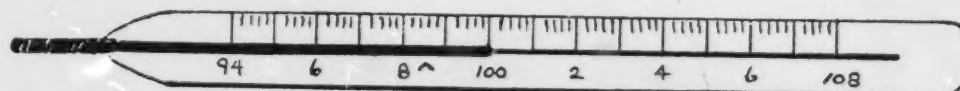
8.

If you were not provided with the model thermometer, identify the body temperatures below in writing.

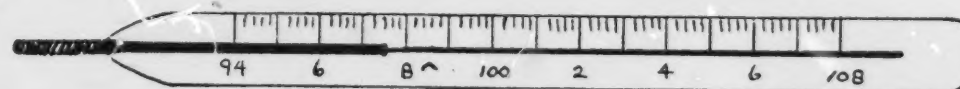
(1)



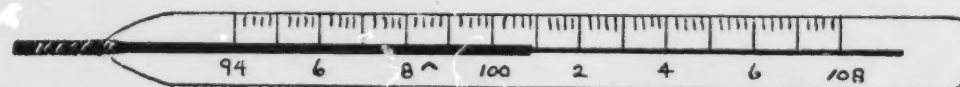
(2)



(3)



(4)



Answers

- (1) 99 degrees
- (2) 100 degrees
- (3) 97.4 degrees
- (4) 100.8 degrees

## SELF-CHECK

Now let's see if you can answer these final questions.

1. A thermometer is an instrument to measure the heat produced by the body?

True\_\_\_\_ False\_\_\_\_

2. Please place a check next to the three common body parts used for taking a temperature.

\_\_\_\_ ear

\_\_\_\_ between toes

\_\_\_\_ mouth

\_\_\_\_ rectum

\_\_\_\_ under the arm

\_\_\_\_ elbow

3. (a) Please place a check next to the abnormal temperatures.

\_\_\_\_ 101

\_\_\_\_ 103

\_\_\_\_ 97<sup>6</sup>

\_\_\_\_ 98<sup>6</sup>

\_\_\_\_ 99

\_\_\_\_ 100<sup>4</sup>

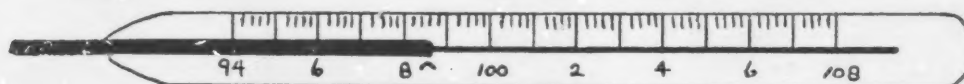
- (b) Why is it important to read and interpret your child's temperature if it's high?

(Select the best answer by circling the number)

- 1) You need to go to the grocery store to call a sitter if you can't take your child outside.
- 2) If the temperature is high, you will need to call your doctor before he leaves for the day.
- 3) Your child wants to invite a friend in to play but is complaining of feeling hot. You need to make a decision about whether or not the playmate should come.

4. Read the following thermometers. Write the temperature and place a check mark by the right word to show if the temperature is normal or abnormal.

(a)

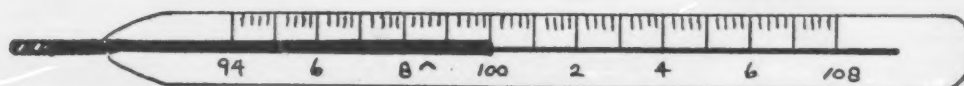


Temperature \_\_\_\_\_

Normal \_\_\_\_\_

Abnormal \_\_\_\_\_

(b)



Temperature \_\_\_\_\_

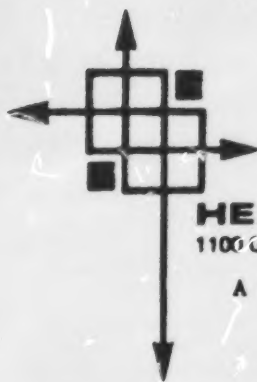
Normal \_\_\_\_\_

Abnormal \_\_\_\_\_

## SCORING KEY

1. True

2.        ear        between toes  x   mouth   x   rectum  x   under the        elbow  
arm3. A.   x   101   x   103       97<sup>6</sup>        98<sup>6</sup>       99   x   100<sup>4</sup>B.   i    ②    3  4. a. answer   98<sup>6</sup>  normal   x  abnormal       b. answer   100  normal       abnormal   x



## HEALTH INSTRUCTION EXCHANGE

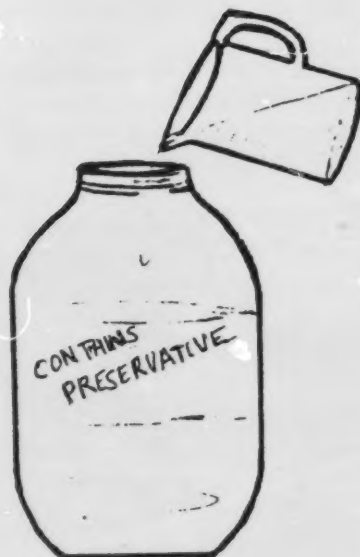
1100 Glendon Avenue □ Westwood Center □ Suite 875 □ Los Angeles, CA 90024 □ 213 478 1411

A PROJECT OF THE LEAGUE FOR INNOVATION IN THE COMMUNITY COLLEGE

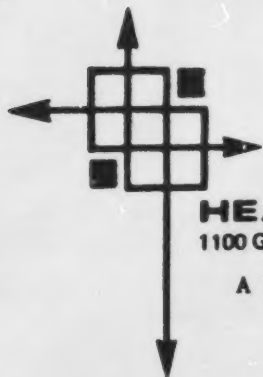
### HOW TO COLLECT A 24-HOUR URINE SPECIMEN

By

Susan Loveless MT(ASCP)



© Susan Loveless MT(ASCP), 1977  
All Rights Reserved



## HEALTH INSTRUCTION EXCHANGE

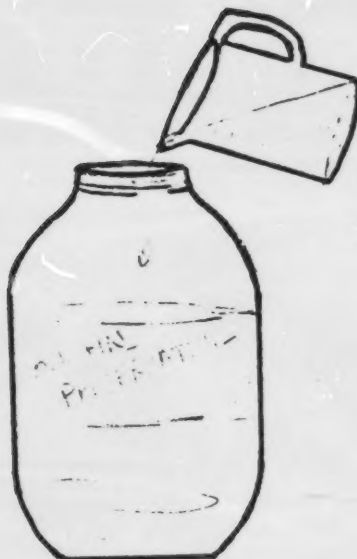
1100 Glendon Avenue □ Westwood Center □ Suite 925 □ Los Angeles, CA 90024 □ 213 478-1411

A PROJECT OF THE LEAGUE FOR INNOVATION IN THE COMMUNITY COLLEGE

### HOW TO COLLECT A 24-HOUR URINE SPECIMEN

By

Susan Loveless MT(ASCP)



© Susan Loveless MT(ASCP), 1977  
All Rights Reserved

TITLE OF PACKAGE:

How to Collect a 24-hour Urine Specimen

AUTHOR:

Susan Loveless

INSTITUTION:

Kaiser-Permanente Medical Group

INTENDED STUDENTS:

Consumer outpatients who would be collecting a 24-hour urine specimen

ESTIMATED WORKING TIME:

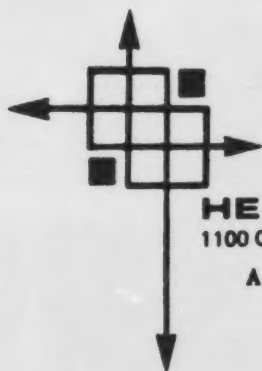
20 minutes

MATERIALS NEEDED:

None

REVISED:

August 1, 1977



**HEALTH INSTRUCTION EXCHANGE**

1100 Glendon Avenue □ Westwood Center □ Suite 925 □ Los Angeles, CA 90024 □ 213 478-1411

A PROJECT OF THE LEAGUE FOR INNOVATION IN THE COMMUNITY COLLEGE

## INTRODUCTION

This unit will explain how to properly collect a 24-hour urine specimen so that the results of the test your doctor has ordered can help him to diagnose or to treat you properly.

As you complete the package, you will:

State why a 24-hour urine specimen is needed instead of a random specimen.

Describe the types of containers that can and cannot be used.

State why a preservative would be used and precautions to take.

State how to time a 24-hour urine collection properly.

Urine is continuously produced by your kidneys [a 24-hour urine specimen is all of the urine that is produced in exactly 24 hours]

A random urine specimen is a single urine specimen collected at any one time.

A 24-hour urine specimen is ordered by your doctor to test a substance that is excreted uniformly from one entire 24-hour period to another entire 24-hour period, but may be excreted in different amounts at different times of the day.

Practice Question #1

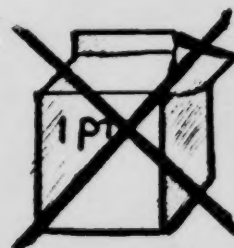
- 1) The term applied to all of the urine produced by your body in any 24-hour period of time is:
  - (a) 24-hour urine specimen
  - (b) random urine specimen
- 2) The name for a single urine specimen collected at anytime is:
  - (a) 24-hour urine specimen
  - (b) random urine specimen
- 3) True or false. There are substances excreted in the urine that will vary during the day but remain the same from one whole day to the next?

For question 1 the correct choice is (a). The total collected urine specimen over a 24-hour period is called a 24-hour urine specimen.

For question 2 the correct response is (b). A single urine collected at anytime is a random urine.

The answer to question #3 is True. If you answered this question correctly, good, because you understand why your doctor has ordered a test on a 24-hour urine specimen.

The lab should provide a container for your 24-hour urine specimen. If not, the proper size container for 24-hour urine is a gallon jar or bottle to ensure enough room for the specimen, which may be 1 to 2 quarts. It could be glass or plastic but not waxed cardboard. The container should have a tight fitting lid and should be cleaned, well rinsed with water, and dried.



Practice Question #2

If the lab did not provide you with a container for your 24-hour urine specimen, would a pint-sized milk container, properly cleaned, be adequate?

Answer

The answer to question 2 is no, because the container would not hold enough and the wax-coated cardboard milk container is not acceptable.

PRACTICE EXERCISE #3

The urine specimen must be preserved to maintain the substance to be tested. Usually a chemical preservative (such as a strong acid) is used or refrigeration may be necessary. The container should be labeled if a preservative is added. If acid is put in the container, you must avoid splashing the acid out of the jar by collecting each part of the urine in a smaller container and carefully pouring it into the larger container. (The container can go in the refrigerator because it has a tight-fitting lid.)



Practice Question #3

- 1) Yes or No: Is refrigeration useful as a preservative for a 24-hour urine specimen?
- 2) Is it a good idea to collect each urine specimen during the day in a smaller container and transfer to the larger collection container?

- 1) The answer is true.
- 2) The answer is true, because you do not want to splash any preservative out of the container.

It is very important to time your 24-hour urine collection properly. It may be most convenient to start the collection when you get up in the morning, but you can start the specimen at any time of the day. To begin, you urinate and discard that specimen. Note the exact time and write it down. Now you must collect all urine every time you urinate during the next 24 hours (exactly 24 hours from the time you noted at the beginning, urinate and add this last specimen to the large container). Then take the specimen to the lab as soon as you can.

Every specimen urinated must be saved and added to the large collection bottle. If you discard part of the urine during the 24 hours you must start over with a clean empty container, or you should contact the lab if you need another container with a chemical preservative in it.

#### Practice Question #4

- 1) Can you collect your 24-hour urine specimen over any 24-hour period of the day?
- 2) Is it necessary to save all urine for 24 hours?
- 3) If you happened to be shopping or at work and did not save one or two urine specimens during the day should you continue to collect the 24-hour urine specimen?

Answer

- 1) Yes. You may begin the 24-hour urine collection at any time of the day, although beginning when you get up in the morning is often convenient.
- 2) Yes. Probably the most important thing for you to remember is that all urine produced in 24 hours must be saved.
- 3) No, you should not continue the specimen collection if you discard part of the urine during the 24 hours. You should start again with a clear, empty container (if no chemical was put in the original container) or get another container from the lab.

When you finish reading this I hope that you will feel confident about collecting a 24-hour urine specimen.

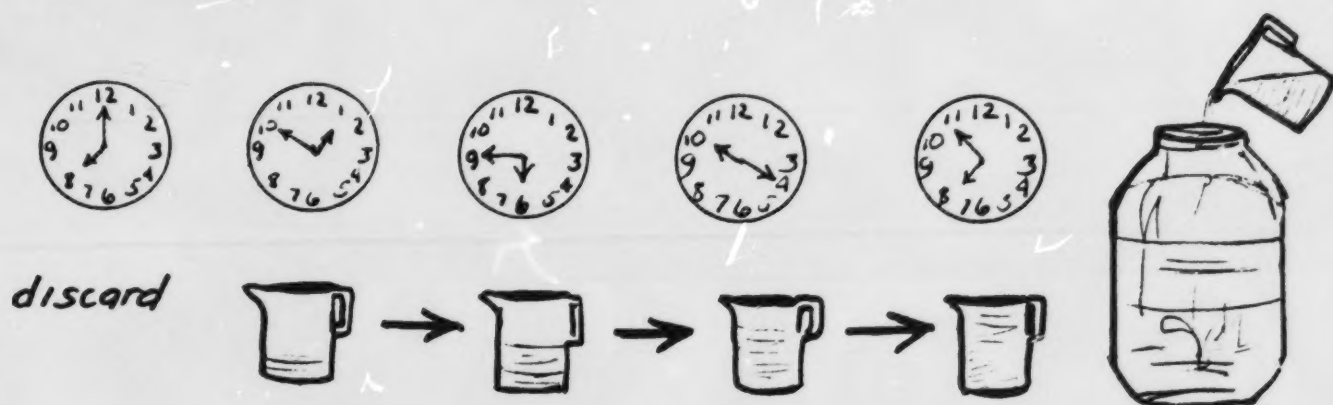
The value of the laboratory test results depend almost entirely upon how good a specimen you collect. If the specimen is properly collected, the test results can help your doctor to diagnose or follow treatment for you. If the specimen has not been collected properly the result will be of no use or, even worse, may be misleading to your doctor.

Practice Question 5

- 1) Do you understand why a properly collected 24-hour urine specimen is important?
- 2) Do you feel that it is really important to properly collect your 24-hour urine specimen?

I hope that you answered yes to both of the questions and that you will now be able to provide a properly collected 24-hour urine specimen so that the laboratory tests will provide useful information to the doctor.

Just to make sure, will you take the following self-check.

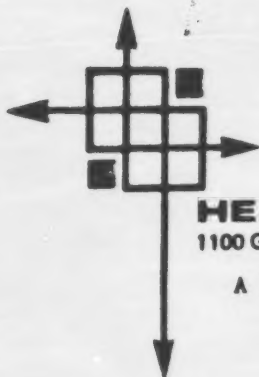


## POST-TEST

1. (a) Is there a difference between a random urine specimen and a 24-hour urine specimen collection?  
(b) Is a 24-hour urine specimen one that is produced by the body and excreted over a 24-hour period of time?  
(c) Are there substances that are not excreted evenly during a 24-hour period that could not accurately be tested in random urine specimen but require the entire 24-hour urine specimen?
2. (a) Is a gallon sized container a good size for collecting a 24-hour urine specimen?  
(b) Would a large gallon size pickle jar that has been thoroughly washed with soap and thoroughly rinsed with water and dried be suitable?  
(c) Which of the following types of containers could be used to collect a specimen?  
(a) glass      (b) plastic      (c) waxed cardboard (as in a milk carton)
3. (a) Is refrigeration a type of preservative for a 24-hour urine specimen?  
(b) Is it safe to urinate directly into the large collection container if it contains acid as a preservative?  
(c) Is a preservative used to provide proper conditions to maintain (preserve) the substance to be tested?  
(d) The container (a) should be      (b) need not be      labeled as to the type preservative.
4. (a) Which of the following time spans would be suitable for collecting a 24-hour urine specimen?  
(a) 7:00 a.m. Tuesday to 7:00 p.m. Tuesday  
(b) 8:00 a.m. Tuesday to 8:00 a.m. Wednesday  
(c) 8:00 a.m. Tuesday to 12:00 midnight Tuesday  
(b) Should you urinate and discard that specimen of urine and then begin timing for 24-hour period?  
(c) Is it necessary to save: (a) All urine for 24 hours  
(b) All urine collected during the day but not at night  
(c) Every other urine specimen
5. Do you feel that it is really important to properly collect the 24-hour urine specimen that your doctor has ordered?

**Answers to Post-Test**

1. (a) yes  
(b) yes  
(c) yes
2. (a) yes  
(b) yes  
(c) a and b
3. (a) yes  
(b) no  
(c) Yes  
(d) a
4. (a) b  
(b) yes  
(c) a
5. Yes. A properly collected specimen helps the laboratory produce test results that are useful for the doctor's diagnosis.



## HEALTH INSTRUCTION EXCHANGE

1100 Glendon Avenue □ Westwood Center □ Suite 925 □ Los Angeles, CA 90024 □ 213 478-1411

A PROJECT OF THE LEAGUE FOR INNOVATION IN THE COMMUNITY COLLEGE

### SELF-EXAMINATION OF THE BREAST

BY

Dorothy Van Dessel, R.N.

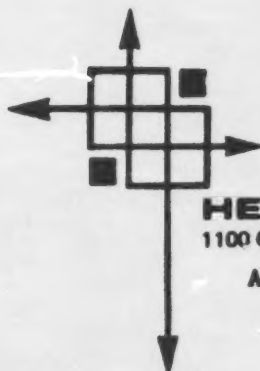
© Dorothy Van Dessel, R.N. 1977  
All Rights Reserved

TITLE OF PACKAGE: Self-Examination of the Breast  
AUTHOR: Dorothy Van Dessel, R.N.  
INSTITUTION: North Carolina Memorial Hospital  
Durham, N.C.  
INTENDED STUDENTS: All women  
ESTIMATED WORKING TIME: 25 minutes  
MATERIALS NEEDED: Plastic foam model of breast  
(Ortho Pharmaceutical Corp.)  
REVISED: July 1, 1977

---

NOTE: Effective use of this self-instructional unit requires that a plastic foam model of the breast be available to the student.

---



**HEALTH INSTRUCTION EXCHANGE**

1100 Glendon Avenue □ Westwood Center □ Suite 925 □ Los Angeles, CA 90024 □ 213 478-1411

A PROJECT OF THE LEAGUE FOR INNOVATION IN THE COMMUNITY COLLEGE

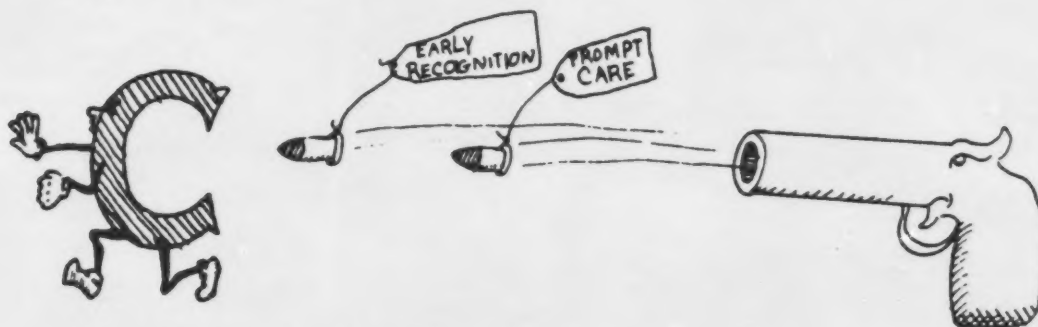


What are little girls made of?

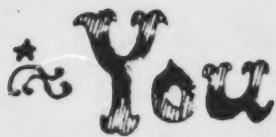
"Sugar and spice and  
everything nice."

And grown girls?

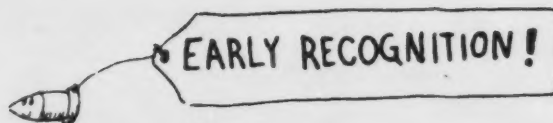
The same, of course! But occasionally something not so nice may develop, such as a lump or growth, and the breast is an area which may be affected. Although a majority of the changes found in the breast are NOT cancer, the importance of early recognition of any changes and the seeking of prompt medical care can offer the best promise for control of the disease if it should prove to be cancer.



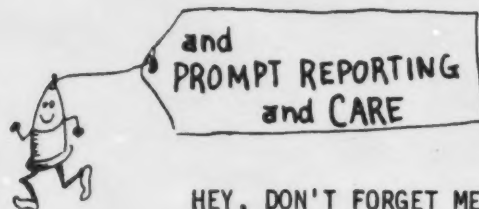
BIG "C" ON THE RUN! AND GOOD NEWS!



are the best person to fire that first volley because



is possible without spending a dime...Just a matter of learning a simple examination and doing it regularly so that you can recognize any unusual changes, and report them to your doctor immediately.



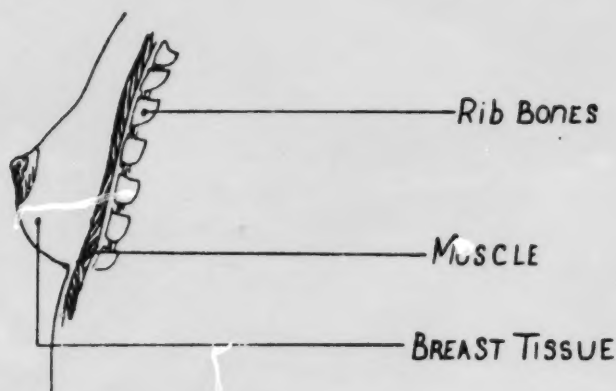
HEY, DON'T FORGET ME!

The overall objective of this package is that you will be able to perform the monthly self-examination of your breasts and to recognize any early changes, so that prompt reporting and care may provide a greater change of long life and health.

- You will be able to recognize on a diagram, the major tissues found in your breast
- With the help of a plastic foam model, you will be able to demonstrate most of the step-by-step self-examination of the breast
- You will be able to recognize and locate on the model, all abnormalities present
- You will feel confident to perform a step-by-step self-examination of your own breasts when you are at home.

## THE NORMAL BREAST

The breasts, or mammary glands, lie over the rib cage and on top of the chest muscle.



Place your hand on your chest just above your right breast. You will feel the chest muscle and the ridges that your ribs make by gently moving the flat part of your extended fingers up and down.

Remember that this same layer of muscle and the ribs will be under the breast tissue also, and may be felt as you later examine your own breasts. It is normal and should not cause you to be concerned.

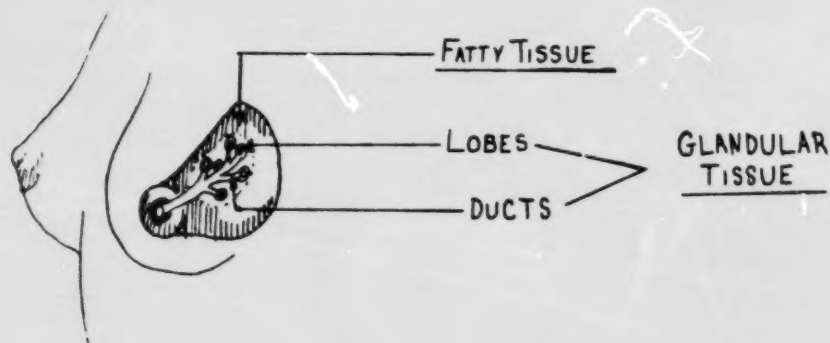
1. Alright, let's see if you remember what lies under the breast tissue. Put a check in front of the correct answers.

- ☐ a. rib bones
- ☐ b. muscle
- ☐ c. breast tissue
- ☐ d. nothing

If you chose (a) and (b) you are absolutely correct. If not, please re-read this section.

Now the breast itself is a gland. Glands produce secretions used by the body for different purposes. The breast contains many tiny lobes which are round and found in small grape-like clusters. These lobes are connected by small passageways called ducts, which eventually lead to the opening at the nipple. Milk is made in the lobes and travels down the ducts to the nipple.

This glandular tissue is surrounded by fatty tissue. It is this fatty tissue that determines the overall size of the breast.



There are also other kinds of tissue and structures within the breast which can cause changes. Female hormone levels can influence the enlargement and tenderness of the breast. These changes are less noticeable a few days after the onset of menstruation, and therefore, this is the best time to examine the breast. If you are in the menopause, or have had "change of life" it is still important to do a monthly breast check.

A helpful way to remember to do your monthly examination is to use a small calendar and to check off each month after you have completed it. A calendar form has been provided in the back of this package for your use, or you may have one of your own that you prefer to use.

Now let's see if you can recall the two major types of tissue making up the breast. Check either True or False.

2. The glandular tissue is responsible for producing milk if pregnancy occurs.

☐ True

☐ False

3. The fatty tissue determines the size of the breast.

☐ True

☐ False

You are correct if you answered True for both questions.

4. Check the correct answer(s).

Due to hormonal changes in the breast, when is the best time to perform an examination of the breast?

☐ a. several days after menstruation

☐ b. the week before menstruation

☐ c. once every two months

☐ d. if menopausal, once a month on a regular basis

☐ e. during your menstruation, but if menopausal or gone through the "change of life" not at all.

The correct answers are (a) several days after menstruation and (d) if menopausal, once a month on a regular basis.

Now that you know some general facts about the normal structure of your breast, you are ready to go on and begin the step-by-step examination!

## STEPS IN SELF-EXAMINATION OF THE BREAST

It is now several days after the onset of your menstrual period and you have decided to do a self-examination of your breasts. You have time to do this at an unhurried pace and you are ensured of some privacy. (NOTE: This part is a reading, thinking and writing exercise. On page 14, you start actual practice on a plastic foam breast model.)

A good time might be just after bathing or showering when you are undressed, but you may find other times which are better suited for you.

The important things to remember are...



The first part consists of two steps. In step one you will be standing or sitting in front of a mirror so that you can see both breasts, and your arms should be relaxed at your sides.



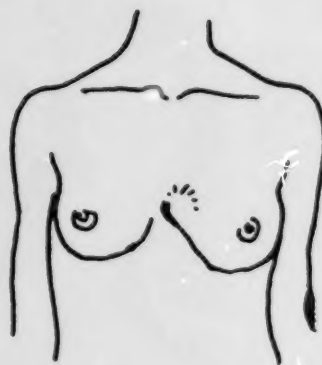
Look at the shape and size of each breast.  
Get to know your own individual look!

Frequently one breast may be larger than the other. This is common among normal breasts, but the shapes of both breasts should be approximately the same.

#### WHAT SHOULD YOU BE ALERT TO NOTICE?

Look for changes in size or shape in one breast and not the other. This is called...

ASYMMETRY



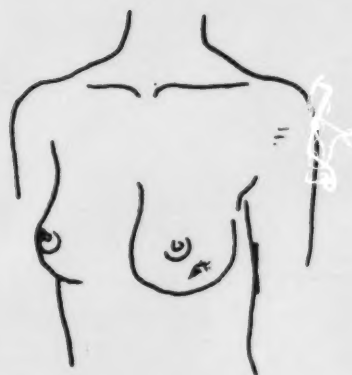
Look for one breast that is higher than the other from a previous normal position. This is called...

ELEVATION



Look for puckering or a dent in the breast due to a pulling of the skin inward into the breast tissue. This is called...

#### DIMPLING



Any of these changes indicate a need for PROMPT REPORTING to your physician.

The second step consists of sitting or standing in the same position, but raising both arms over your head. Now look for the things we have just mentioned.

ASYMMETRY = changes in size or shape

ELEVATION = one breast has become higher than the other

DIMPLING = a puckering or dent in the breast skin

Now you have completed the first part of the examination. Let's see what you have learned.

5. What two positions do you take while examining your breasts during this first step?
- ☐ a. sitting or standing in front of a mirror with arms at my side.
  - ☐ b. sitting or standing in front of a mirror with arms raised over my head.
  - ☐ c. lying down with arms raised over my head.
  - ☐ d. lying down with arms at my side.

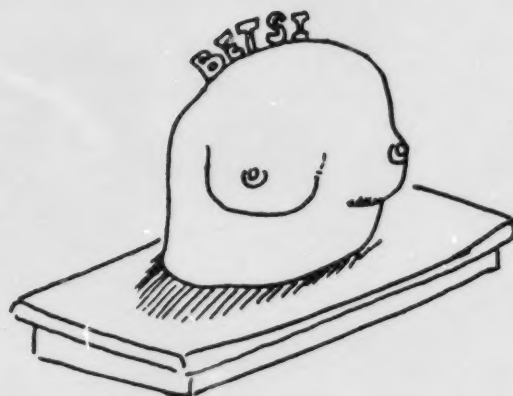
6. What changes would you want to look for?
- \_\_\_ a. changes in size or shape (asymmetry)
  - \_\_\_ b. elevation of one breast
  - \_\_\_ c. dimpling on the skin

In the first question, if you answered (a) and (b) you are correct. In the second question, the changes you want to look for are (a) asymmetry, (b) elevation and (c) dimpling. If you answered these correctly, you're doing very well. If not, please re-read this section until you feel confident that you understand the material.

Up to this point you have had to look at diagrams, and listen or read about the steps in self-examination.



For part two you will be able to use a plastic model of a breast to help you practice some of the methods of the examination.



I'm BETSI BREAST \*  
I hope I can help you..

First let's show you the diagrams and tell you about the steps  
of part two of the examination.



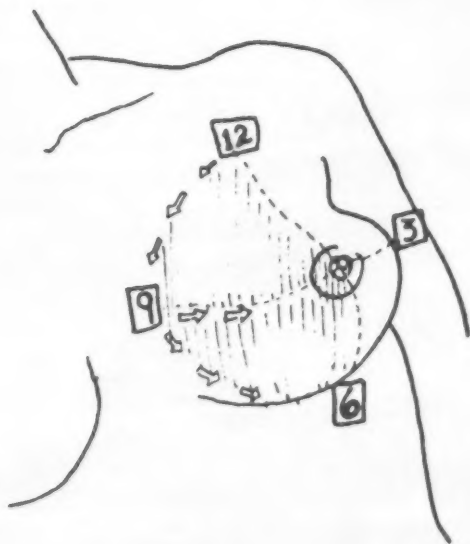
\* Trademark of the Ortho Pharmaceutical Corp.

For the second part of the examination you will need to lie down on your bed. Place your left hand under your head.



With the fingers of your right hand held together flat, pressing gently but firmly using a rolling motion, you will be feeling the INNER HALF of your left breast.

Starting at the middle upper point (12 o'clock) go inward toward the nipple. Continue this pattern until you have worked down to the bottom half (6 o'clock) of the inner breast.



Include the nipple, and note any pulling in of the nipple or any discharge.

You may feel some ridges or some small lumpy material. Remember the breast tissue has small glands and ducts and will not be perfectly smooth and soft.

This is normal and will be felt in most areas of BOTH breasts.

Let's review this part of the examination.

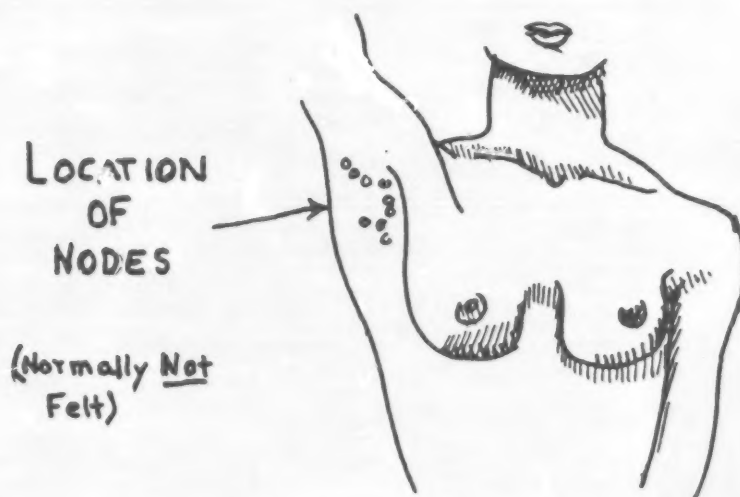
LYING ON YOUR BACK

LEFT ARM UP UNDER YOUR HEAD

RIGHT HAND, FINGERS FLAT, EXAMINES INNER HALF OF LEFT BREAST.

### Step 2 of Part 2

Lying in the same position bring your left arm down to your side, and still using the flat part of your fingers, feel under your left armpit. There are small lymph nodes (sometimes called glands) located here. If you can feel them, it may indicate that there is something not quite right in the breast tissue, that these nodes are working hard and may be enlarged. Infections in the body frequently cause these nodes to enlarge. You will want to consult your physician if you should notice small knot-like lumps in your armpit.



### Step 3 of Part 2

Now, move your right hand to the upper OUTER half of your left breast, and using the same examining method, fingers together and flat, move over the outer half, from the side area to the middle nipple area, and in a clockwise manner.



A review of these steps are:

LEFT ARM DOWN AT YOUR SIDE

RIGHT HAND, FINGERS FLAT, EXAMINES LEFT ARMPIT and  
OUTER HALF OF LEFT BREAST.

You have now completed the examination of the left breast. You will then repeat the same pattern of examination for the right breast and underarm, using steps 1-3, substituting right for left. You will be given an opportunity to practice both left and right examinations in the next pages of the package.

Let's practice the important hand movements.



Take Betsi and place her on the table in front of you so that the back of the model is up against your chest.



Remember, you will be sitting up to practice the hand movements on Betsi; however, when you are actually doing the examination on your own breast, you should be lying flat with your left arm raised and under your head for step one, and your arm down at your side for step two. Is that last statement True or False?

7. ☐ True ☐ False

You're absolutely correct if you said True. An easy way to remember the arm positions is to think of the word "do". DO = arm Down when examining the Outer area of each breast.

Alright, now let's pretend that the left breast of Betsi is your own and begin the examination. If you need to review the steps for the first time, go back to page 11.



Did you begin at the upper inner half of the left breast and move from the side area to the middle nipple area? Good!

Did you continue around to the lower inner half and use the flattened part of your fingers?

Did you use firm, rolling motion to feel deeply into the tissue? Very Good!

DID YOU FEEL ANY ABNORMALITIES?????

8. Place a mark on the picture of the model (provided in the answer sheet) at any point where you discovered an abnormality.

If you did not notice anything in the breast you are right, there were no abnormalities in the left inner breast.

9. Now practice steps 2 and 3 of the second part of the examination. Using Betsi, and marking any abnormalities that you find on the picture, examine the breast. If you need a review of the steps, go back to page 13.
10. Where was your left arm? \_\_\_\_\_
11. What area of the left breast did you examine? \_\_\_\_\_  
\_\_\_\_\_

Yes, your arm was at your side, and you examined the outer area of the left breast. Remember "DO" (arm Down, Outer breast)? It is very difficult to examine the area under Betsi's left arm since she doesn't have one! But did you remember that step before examining the breast area?

GOOD SHOW!

You should have felt two distinct lumps in the left breast...one in the upper outer area, and one in the lower outer area.



You did if you used firm, deep motions with your flattened fingers. If you did not discover both lumps, go back and re-examine the area again, remembering to feel firmly and deeply.

You have done a lot of learning including a new skill with your hands. When you have completed this package you will be able to do your own self-examination all at one time. However, when you are doing it for the first time you might like to take a break at this time.

Ready to go again?

Now you must think back on the three different parts of the examination you performed when you examined your left breast. You will be following the same pattern, except you will be substituting right for left breast. Read below for review:

- RIGHT ARM RAISED AND UNDER YOUR HEAD
- EXAMINE UPPER AND LOWER INNER AREA OF RIGHT BREAST
- USE FLATTENED FINGERS AND DEEP, FIRM ROLLING MOTION
- GO FROM THE SIDE AREA TO THE MIDDLE NIPPLE AREA

\* \* \* \*

- RIGHT ARM DOWN AT YOUR SIDE
- EXAMINE YOUR RIGHT ARMPIT

\* \* \* \*

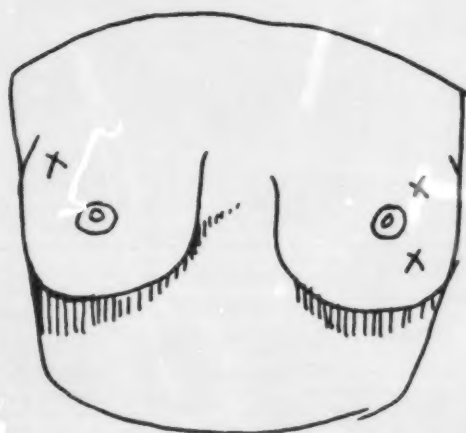
- RIGHT ARM REMAINING AT YOUR SIDE
- EXAMINE UPPER AND LOWER OUTER AREA OF RIGHT BREAST

12. Betsi should be placed in front of you once more, her back up against your chest. Again mark any abnormalities you find on the picture you used for the previous examination.

13. Did you find any abnormalities? If so, how many and where did you locate them?

(You should have found one lump on the upper outer right breast.

Your completed picture should look like this...



There are three lumps felt on the model:

- (1) on the upper outer aspect of the right breast
- (1) on the upper outer area of the left breast
- (1) on the lower outer area of the left breast

The steps in self-examination of the breast have been presented and you have gone through practice sessions using most of them. As with any physical skill as you practice and use it, it becomes easier and requires less concentration. This skill of careful step-by-step, examining of your breasts will also require less thought as you become more familiar with the routine steps.

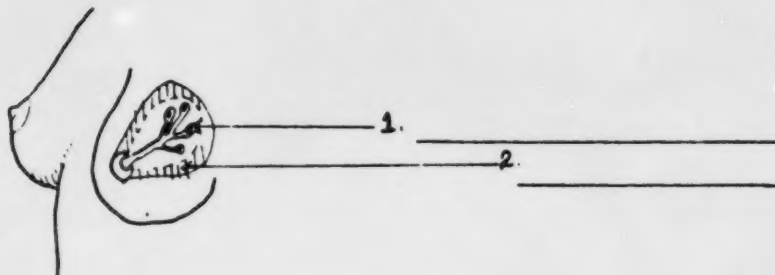
It is an important habit and skill to develop. It can provide you with a tool, costing you no money, that may provide you the best chance of long life and health. Use this skill in combination with your physician's skills. See him or her regularly (once a year or on whatever special schedule he or she recommends) for further breast examinations and the test for cancer of the cervix (the "pap smear"). Should you find a lump, asymmetry, elevation or dimpling during a monthly self exam, call your physician immediately. Do not wait for your check-up!

PLEASE TURN THE PAGE TO TAKE A POST TEST WHICH WILL HELP YOU REVIEW SOME OF THE IMPORTANT POINTS, AND ALSO PROVIDE US WITH SOME INFORMATION ABOUT THIS PACKAGE.

THANK YOU!

## POST TEST

1. Identify the following structures in the breast.



2. The best time to routinely perform a self-examination of the breast is: (Circle all correct answers)
- a. in the middle of the menstrual cycle.
  - b. a few days after menstruation.
  - c. a few days before the expected onset of menstruation.
  - d. not at all if menopause has occurred.
  - e. at 30-day intervals if menopause has occurred.
3. The systematic self-examination of the breast would include which of the following steps? (Circle all correct answers)
- a. visual examination in front of a mirror.
  - b. lying on the right side to examine the left breast.
  - c. examination of each armpit with the corresponding arm down at the side
  - d. lying on the back with one arm raised over your head
4. How did this package change your feelings about self-examination of the breast? Circle your answer (s).
- a. more confident in my skill
  - b. better understanding of what to look for
  - c. unchanged
  - d. really turned me off

5. What value and importance do you personally see in self-examination every month? (Circle your answer)
- a. very valuable and important
  - b. valuable but I just don't have the time
  - c. valuable but less often, not every month
  - d. not worth my time
6. Would you agree to answering a follow-up questionnaire in three months concerning your practice or non-practice of self-examination of the breast? (Circle your answer)
- a. yes
  - b. no
- 

POST TEST ANSWER KEY

- 1. a. glandular tissues  
b. fatty tissues
- 2. b, e
- 3. a, c, d
- 4 - 6. The author hopes your response was positive. Any comments you add will be considered in revising the unit.

ERIC Clearinghouse for Junior Colleges  
96 Powell Library Building  
University of California  
Los Angeles, California 90024

JUL 17 1981